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Strength Heroes



strengthheroes





## Our Strength Heroes incursions have been developed for Pre-Primary - Year 6.

Strength Heroes' incursions are designed to support the education of strengths and give children thinking styles and behaviours to face life challenges. All our programs focus on bringing out the best in anyone, be they children and/or adults. They are aligned with positive psychology principles and facilitate the identification and growth of strengths, leading to healthier thinking and success. Our programs create a play experience that provides modelling for real life through hands on thinking – tinkering! All incursions incorporate art, storytelling and STEAM activities. Play provides a shared language regardless of culture or age using tangible and interactive tools tapping into children's ability to imagine and make sense of life's challenges.

### Our session are fun....and it's about doing!

The programs link to the learning areas of Health & Physical Education Science, Arts, Humanities and Social Sciences, Design Technologies and the Early Years Framework. General capabilities of critical and creative thinking, personal and social capability, ethical and intercultural understanding are embedded in all Strength Heroes programs.

The following team have developed the program and have over two decades of experience working with adults and children to bring out their best.

#### • **Fiona Perrella** •

Is a Management Consultant and Life Coach who works with organisations, individuals and children for over 20 years to assist people challenge their thinking and change their behaviour to achieve success. She established Art of Resilience which uses art to develop confident and strong children and the principles of Positive Psychology.

#### • **Lloyd D'Castro** •

Has been a Psychologist for 27 years developing and supporting people to achieve their potential. He has worked with individuals, groups, teams and organisations, facilitating workshops and learning opportunities. With a Cognitive Behavioural Approach combining principles of Acceptance Commitment Therapy and Positive Psychology he takes a strength-based focus on developing the individual.

#### • **Victoria Bingham** •

Has 18 years' experience in both public and private sector education. She has worked as a Primary and Early Childhood teacher in both Australia and the UK and has most recently been engaged in the development and delivery of Professional Learning for teachers and education sector employees. She is passionate about importance of equipping our children with the skills and attitudes to confidently navigate our changing world by possessing a strong sense of self and community.



## • STRENGTH HEROES INCURSIONS • PRE - PRIMARY to YEAR 6 •

### **Incursion 1 • Everyone is a Leader**

Leaders instil confidence, solve problems creatively, work in a team, and work collaboratively with others. Children will explore leadership principles to understand that everyone can lead from where they are and develop goals and strategies to lead.

This incursion will:

- Present the concept of leadership within the school community.
- Explore what makes a leader through a series of team activities.
- Explore how to speak and give feedback like a leader.

### **Incursion 2 • Mistake Maker**

We all make mistakes, it is what we learn from them and how we bounce back that helps us grow and learn. This workshop challenges children to accept mistakes and promotes resilient thinking and behaviour that supports a growth mindset.

This course will:

- Explore the way people react to mistakes and controlling our reactions to get a better response.
- Explain and practice the Breathe, Admit and Think tool in challenging activities to equip them to face difficult situations.

### **Incursion 3 • I am Grateful**

Gratitude and thanks are key to reducing stress and creating a sense of belonging. This incursion supports the development of children who are optimistic and practice gratitude.

This incursion will:

- Present the concept of gratitude and the mental and physical benefits
- Give tools to practice gratitude
- Explore how gratitude can quieten the mind when the Compare the Bear starts looking at what others have.

### **Incursion 4 • Brain House**

Recognising and identifying helpful and unhelpful thoughts supports the development of resilience. This incursion gives children tools to recognise unhelpful thoughts and come up with helpful thoughts that will enable them to deal with difficult situations.

This incursion will:

- Present the Brain House and children will creatively explore the characters that live downstairs (unhelpful) and upstairs (helpful).

### **Incursion 5 • No Big Deal**

From a mere glitch to a full-blown emergency, children create a toolbox of strategies to cope with day to day events and keep things in perspective.

This incursion will:

- Present the different unhelpful thinking approaches including jumping to conclusions and catastrophising.
- Identify strategies to gain perspective including questioning, BAT and adjusting their point of view.

### **Incursion 6 • I have Strengths**

Using the principles of the VIA character strengths this session supports children to identify their strengths. Children will develop their understanding of strengths and how they can be unleashed when faced with a challenge.

This course will:

- Present the concept of strengths, a set of strengths and ensure children understand how they differ from achievements.
- Children identify their strengths and then work in teams to create their own Strengths Animal that includes the teams' top strengths.

## • OUR COSTS •

1.5 HOUR DURATION 1 FACILITATOR up to 30 CHILDREN \$350 +GST  
2x CONSECUTIVE CLASSES/ GROUPS (SAME TOPIC), \$550 +GST  
3x CONSECUTIVE CLASSES/ GROUPS (SAME TOPIC), \$750 +GST

Our Mini Strength Heroes incursions have been developed for Junior Kindy to Pre-Primary. Our play-based exploration sessions use play zones, art, storytelling and STEAM activities with connections to the early years learning framework and positive psychology. Our sessions are fun....and it's about doing!

Through a playful exploration of key strengths including curiosity, bravery, love of learning and kindness, these sessions will support children in developing their sense of identity as strong, confident and involved learners.

Each session has a different strengths focus, story and art activity which can be run as a term program or individual workshops

#### Incursion 1 •

##### **I am special, I am unique**

This session will support children to identify their strength. Children will develop their understanding of strengths and how they are both shared and unique qualities.  
EYFL 1-5, HASS, The Arts, English, HPE, Science

#### Incursion 2 •

##### **I am special, I am part of a family/team**

This session will support children to identify their strengths and those that they share with the people that make up their network. Children will develop their understanding of strengths and how they can work together with others.  
EYFL 1-5, HASS, The Arts, English, HPE, Science

#### Incursion 3 •

##### **I have a safe place to come home to**

Children will identify their strengths and their confidence to move independently in their community. They will develop their understanding of strengths and how they allow them to be independent confident that they have a support network in place.  
EYFL 1-5, HASS, The Arts, English, HPE, Science

#### Incursion 4 •

##### **I am special, I have a place and a purpose**

Children will be supported to identify their strengths and how they can utilise them in their community. They will develop their understanding of strengths and how they can use their strengths to support others and create community.  
EYFL 1-5, HASS, The Arts, English, HPE, Science

## • OUR COSTS •

1 HOUR DURATION 2 FACILITATORS up to 30 CHILDREN \$350 +GST

2x CONSECUTIVE CLASSES/ GROUPS (SAME TOPIC), \$550 +GST

3x CONSECUTIVE CLASSES/ GROUPS (SAME TOPIC), \$750 +GST

